tonight s best

Gordon Ramsay

8 p.m. on FOX
MasterChef

The hit culinary competition returns for its eighth "MasterChef Junior" edition that gives talented chefs between the ages of 8 and 13 a chance to show off their prodigious kitchen skills in a series of increasingly complicated challenges. Among this season's featured venues for the pint-size prodigies are a historical renaissance fair and a monster truck rally. The ultimate winner as chosen by host Gordon Ramsay and fellow judges Aarón Sánchez and Daphne Oz receives a trophy and the $100,000 grand prize.

9 p.m. on FOX
Call Me Kat

When a new business moves into Kat's (Mayim Bialik) neighborhood, she tries to make the new arrivals feel welcome, but the owner seems to think he can get away with whatever he wants in the new episode "Call Me the Bad Boy of Cheese." Meanwhile, Randi (Kyla Pratt) tries to come up with a great gift idea for Carter (Julian Gant). Andy Favreau and Tim Bagley guest star; Christopher Rivas, Swoosie Kurtz, Cheyenne Jackson and Leslie Jordan also star.

9:30 p.m. on FOX
Welcome to Flatch

Adapted from a hit British mockumentary series, this new comedy from Paul Feig ("The Office") and Jenny Bicks ("Sex and the City") follows a documentary crew as it seeks to study the dreams and concerns of residents in a small American town: Flatch, a midwestern community teeming with eccentric personalities. The ensemble cast is led by newcomer Chelsea Holmes and Sam Straley ("The Kids Are Alright") as two of the locals, cousins and best friends Kelly and Lloyd "Shrub" Mallet; Seann William Scott, Aya Cash and Taylor Ortega also star.

10:30 p.m. on FREE
Single Drunk Female

On the day of her wedding, Brit's (Sasha Compere) nuptial jitters lead her to make a completely unexpected decision in the Season 1 finale, "A Wedding." Meanwhile, Carol and Bob (Ally Sheedy, Ian Gomez) take their relationship to a new level, and Sam (Sofia Black-D'Elia) is shaken to the core about what her future might hold when she learns the truth about James (Garrick Bernard).

THURSDAY EVENING

LG - La Grande BC - Baker City D - DISH DTV - DirecTV MOVIES SPORTS

MARCH 17, 2022

	LG	BC	D	DTV	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
ABC	2	2	2	2	KATU News at 6 (N) (Live)		Jeopardy! (N)	Wheel of Fortune (N)	Station 19 Sullivan gives Beckett an ultimatum. (N)		Grey's Anatomy "The Makings of You" (N)		(:01) Big Sky Ren and Jag try to uncover the truth. (N)		KATU News at 11 (N) (Live)	(:35) Jimmy Kimmel Live!
PBS	3	5			A Craftsman's Legacy	BBC World News Outside	PBS NewsHour (N)		Oregon Art Beat	Oregon Field Guide	Midsomer Murders	(:43) Midsomer Murders (Part 2 of 2)		(:31) Unforgotten on Masterpiece Details are revealed about the murder. (Part 2 of 3)		
CBS	6	6	6	6	NCAA Basketball Trnt.	2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live)					KOIN 6 News	Game On - N	Extra (N)	Entertainment Tonight (N)	KOIN 6 News at 11 (N)	Late Show-Colbert
NBC	8	8	8	8	KGW News at 6: The Story	KGW News at 6:30 (N)	The Good Stuff (N)	Inside Edition (N)	Law & Order "Fault Lines" A family court judge is murdered.		Law & Order: Special Victims Unit (N)		Law & Order: Organized Crime "Guns & Roses" (N)		KGW News at 11 (N)	Tonight Show-J. Fallon
CW	9	9	32	32	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker "Sucker Punch" Dan panics and asks Liam for help.		Legacies Cleo, MG and Jed work together.		KOIN 6 News at 10p (N)		Seinfeld "The Deal"	Seinfeld "The Cartoon"
FOX	12	12	12	12	6 O'Clock News (N)		People (N)	Family Feud	MasterChef A wall of mystery ingredients.		Call Me Kat (N)	Welcome to Flatch "Pilot"	10 O'Clock News (N)		11 O'Clock News (N)	(:35) People
MNT	13	13	49	49	Family Feud	Family Feud	The Big Bang Theory	The Big Bang Theory	8 O'Clock News (N)		9 O'Clock News (N)		The Big Bang Theory	The Simpsons	Family Guy	Family Guy
UNIV	22	22	16	47	Noticias noroeste 6P	Noticiero Univisión (N)	La rosa de Guadalupe Don Jaime se aprovecha de Karina.		Soltero con hijas (N)		Mi fortuna es amarte "Un traidor más" (N)		Madre (N)		Noticias noroeste 11P	Noticiero Univision:
A&E	52	55	118	265	The First 48		The First 48		The First 48		The First 48 (N)		(:03) Nightwatch (N)		(:06) The First 48	
AMC	60	45	131	254	(5:00) ★★★ "Live Free or Die Hard" (2007, Action) Bruce Willis, Justin Long. America's computers fall under attack.				★★ "Man on Fire" (2004, Crime Drama) Denzel Washington, Dakota Fanning, Christopher Walken. A bodyguard takes revenge on a girl's kidnappers.						★★★ "The Fugitive" (1993) Harrison Ford.	
ANP	24	49	184	282	North Woods Law: Uncuffed		North Woods Law		North Woods Law		North Woods Law: Uncuffed "Under Suspicion"				North Woods Law	
BET	4	72	124	392	★★ "Sleepless" (2017, Action) Jamie Foxx, Michelle Monaghan, T.I..						★★ "All Eyez on Me" (2017, Biography) Demetrius Shipp Jr., Danai Gurira, Kat Graham.					
BRAVO	54	65	129	237	Million Dollar LA		Top Chef "Friday Night Bites"		Top Chef (N)		Top Chef Family Style (N)		Watch What	★★ "17 Again" (2009) Zac Efron.		
CARTOON	25	59	177	297	Teen Titans	Teen Titans	Teen Titans Go!		King of Hill	King of Hill	Bob's Burgers	Bob's Burgers	American Dad	American Dad	American Dad	Rick, Morty
CBSSN	410	410	158	221	Electronic sports		NCAA March Madness 360 (N) (Live)						NCAA March Madness		2022 Tournament Rebound	
CNN	68	44	200	202	CNN Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		Don Lemon Tonight (N) (Live)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight	
COM	77	56	107	249	The Office	The Office	The Office	(:45) The Office		The Office	The Office	The Office	The Office	The Office	Daily Show	South Park
COOK	123	123	113	232	Bizarre Foods America		Man v. Food	Man v. Food	Man v. Food	Man v. Food	Delicious	Delicious	Bizarre Foods America		Man v. Food	Man v. Food
DISN	26	48	173	290	Ladybug	Ladybug	Big City Green	Big City Green	Big City Green	Big City Green	Jessie	Jessie	Big City Green	Big City Green	Ladybug	Ladybug
E!	64	76	114	236	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Mod Fam	Nightly Pop
ESPN	33	27	140	206	(4:00) College Wrestling NCAA Championships, First Round. (N) (Live)			SportsCenter (N) (Live)			SportsCenter (N) (Live)		SportsCenter (N) (Live)		SportsCenter (N) (Live)	
ESPN2	34	28	143	209	2022 NCAA Women's Basketball Tournament				UFC Archival		NFL Live		E60			Bad Beats
FNC	66	25	205	360	Hannity (N) (Live)		The Ingraham Angle (N) (Live)		Gutfeld! (N)		Fox News at Night		Tucker Carlson Tonight		Hannity	
FOOD	61	54	110	231	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Restaurant: Impossible (N)		Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby	Beat Bobby
FREE	32	33	180	311	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The Office	grown-ish (N)	Single-Female	The 700 Club	
FS1	41	85	150	219	CONCACAF Champions League Soccer			WWE Friday Night SmackDown				Boxing Luis Ortiz vs. Charles Martin. (Taped)				
FX	65	24	136	249	(3:30) ★★ "Transformers: The Last Knight" (2017)		★★★ "The Martian" (2015, Science Fiction) Matt Damon, Jessica Chastain, Kristen Wiig. A stranded astronaut tries to survive on Mars.						★★★ "The Martian" (2015) Matt Damon, Jessica Chastain. A stranded astronaut tries to survive on Mars.			
FXX	35	64	125	259	The Simpsons	The Simpsons	The Simpsons	The Simpsons	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Dicktown (N)	Dicktown
GOLF	88	88	401	218	(4:00) PGA Tour Golf Valspar Championship, First Round.				Golf Central		PGA Tour Golf Valspar Championship, First Round. From Palm Harbor, Fla.					
HALL	87	87	185	312	"Falling for You" (2018, Drama) Taylor Cole, Tyler Hynes, Lini Evans. A radio station manager meets her match.				"Bridal Wave" (2015, Drama) Arielle Kebbel. Just before her wedding, a woman meets a man who truly understands her.				The Golden Girls	The Golden Girls	The Golden Girls	The Golden Girls
HALLMM	86	86	187	565	(5:00) ★★ "In My Dreams" (2014) Mike Vogel		"Every Time a Bell Rings" (2021) Erin Cahill, Brittany Ishibashi. Three reunited sisters learn important life lessons.				"Truly, Madly, Sweetly" (2018) Nikki DeLoach, Dylan Neal. Sparks fly when a man and a woman inherit an old bakery.				Murder, She Wrote Faberge egg's theft leads to murders.	
HGTV	62	57	112	229	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Fix My Flip (N)		Hunters	Hunters Int'l	Hunters	Hunters Int'l
HIST	50	60	120	269	Swamp People		Swamp People		Swamp People		Swamp People "Sinkhole Giants" (N)			(:35) Swamp People "Secret Sauce"		
LIFE	29	29	108	252	Castle "Suicide Squeeze"		Castle		Rizzoli & Isles		Rizzoli & Isles "Living Proof"		(:03) Rizzoli & Isles		(:03) Rizzoli & Isles	
MAGN	81	81	111	230	Maine Cabin Masters		Maine Cabin Masters		Maine Cabin Masters		Maine Cabin Masters		Maine Cabin Masters		Maine Cabin Masters	
MSNBC	71	67	209	356	The Rachel Maddow Show (N)		The Last Word		The 11th Hour-Stephanie		The Rachel Maddow Show		The Last Word		The 11th Hour-Stephanie	
NGEO	55	78	197	276	Life Below Zero		Life Below Zero		Life Below Zero		Life Below Zero		(:15) Port Protection Alaska (N)			Life Below Ze
NICK	27	51	171	299	Loud House	Loud House	Warped! (N)	Side Hustle	That-Lay Lay	SpongeBob	★★★ "Madagascar: Escape 2 Africa" (2008) Chris Rock				Friends	Friends
OWN	40	41	189	279	20/20 on OWN		20/20 on OWN		48 Hours: Hard Evidence		20/20: Homicide		20/20 on OWN		20/20 on OWN	
OXY	30	69	127	251	Buried in the Backyard		Buried in the Backyard		Buried in the Backyard (N)		Dateline: Secrets Uncovered "The Trap"				Dateline: Secrets Uncovered	
PARMT	42	43	241	241	Two/Half Men	Two/Half Men	★★★ "Top Gun" (1986, Action) Tom Cruise, Kelly McGillis.					★★★ "Point Break" (1991, Action) Patrick Swayze, Keanu Reeves.				
ROOT	37	26	426	687	Kraken 101	Supergirl Surf Pro		Pro Footvolley Tour		Pro Footvolley Tour		Kraken	Major League Rugby: Seawolves at SaberCats			
SYFY	67	50	122	244	★ "Leprechaun 2" (1994) Warwick Davis, Charlie Heath.				★★ "Leprechaun" (1993) Warwick Davis, Jennifer Aniston.				★ "Leprechaun 2" (1994) Warwick Davis, Charlie Heath.			
TCM	56	73	132	256	(5:00) ★★★ "The Music Man" (1962) Robert Preston, Shirley Jones, Buddy Hackett.			(:45) ★★★★ "Oliver!" (1968, Musical) Ron Moody, Oliver Reed, Mark Lester. Dickens' orphan meets a scoundrel and a killer.						★★★ "Camelot" (1967, Musical) Richard Harris, Vanessa Redgrave, Franco Nero.		
TDC	51	42	182	278	BattleBots (N) (Part 1 of 2)		BattleBots (N) (Part 2 of 2)		BattleBots "Let the Tournament Begin!" The World Championship Tournament. (N)						(:01) BattleBots	
TLC	49	62	183	280	Doubling Down With Derricos		Doubling Down With Derricos		Dr. Pimple Popper		Dr. Pimple Popper (N)		1000-Lb. Best Friends (N)		Hoarding: Buried Alive	
TNT	57	52	138	245	(:15) 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live)					Fast Foodies	Fast Foodies	★★★ "Shazam!" (2019, Action) Zachary Levi, Mark Strong, Asher Angel. Shazam squares off against the evil Dr. Thaddeus Sivana.				
TRAV	53	38	196	277	Paranormal Caught on Camera Investigators hunt for a witch.				Paranormal Caught- Camera		Paranormal Caught- Camera		Paranormal Caught on Camera Investigators hunt for a witch.			
TRUTV	73	75	242	246	NCAA Basketball Trnt.		(6:55) 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live)				Inside March Madness (N)		Inside Jokes		Imp. Jokers	Imp. Jokers
TVL	75	74	106	304	Andy Griffith	Andy Griffith	Andy Griffith	Andy Griffith	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King	King
USA	58	39	105	242	Law & Order: SVU		9-1-1 "Ocean's 9-1-1"		9-1-1 "Bobby Begins Again"		9-1-1		9-1-1 Two mail bombs go off.		Law & Order: SVU	
WE	118	118	128	260	Criminal Minds "In the Blood"		Criminal Minds "Gatekeeper"		Growing Up Hip Hop		Growing Up Hip Hop (N)		Partners in	Millennials	Social Society	
WEATH	14	19	214	362	Heavy Rescue: 401		Jade Fever	Jade Fever	Jade Fever	Jade Fever	Jade Fever	Jade Fever	SOS: How to Survive		SOS: How to Survive	
WTBS	59	40	139	247	NCAA Basket.	(:45) 2022 NCAA Basketball Tournament First Round: Teams TBA. (N) (Live)					Go-Big Show		Sheldon	Sheldon	Wipeout	
HBO	518	518	303	504	(4:40) ★★ "Fast & Furious 6" (2013) Vin Diesel.		(6:55) Winning Time: The Rise of the Lakers Dynasty		Winning Time: The Rise of the Lakers Dynasty		★★ "The Day the Earth Stood Still" (2008, Science Fiction) Keanu Reeves. 'PG-13'			(:45) The Gilded Age "Tucked up in Newport"		Game Theory With Bomani
MAX	531	531	311	516	(5:43) ★★ "Vanilla Sky" (2001, Suspense) Tom Cruise. A disfigured womanizer cannot distinguish dreams from reality. 'R'				"Brothers by Blood" (2020, Crime Drama) Matthias Schoenaerts, Joel Kinnaman. 'R'			(:32) ★ "The Snowman" (2017) Michael Fassbender. A detective plays cat-and-mouse games with a serial killer. 'R'				(:32) ★ "Fun Size"
SHOW	578	578	319	546	(5:25) ★★★ "Road to Perdition" (2002, Crime Drama) Tom Hanks, Paul Newman. 'R'			(:25) ★★★★ "Pulp Fiction" (1994, Crime Drama) John Travolta, Samuel L. Jackson. Criminals cross paths in three interlocked tales of mayhem. 'R'					Super Pumped: The Battle for Uber "War"		Desus & Mero (N)	Billions "The Big Ugly"
STARZ	621	621	351	526	(5:17) ★★ "Fever Pitch" (2005) Drew Barrymore.		(:04) ★★ "Venom" (2018) Tom Hardy. A man gains superpowers when his body merges with an alien. 'PG-13'				★★★ "Inglourious Basterds" (2009, War) Brad Pitt, Mélanie Laurent, Christoph Waltz. Soldiers seek Nazi scalps in German-occupied France. 'R'					(:36) "Grown Ups 2" (2013)
TMC	591	591	327	554	"The Last Right" (2019, Comedy-Drama) Brian Cox. A fateful exchange on a flight has dire consequences. 'NR'				"Pixie" (2020) Olivia Cooke. A thief and two misfits go on the run from Irish gangsters. 'R'			(:35) ★★★ "The Guard" (2011, Comedy) Brendan Gleeson, Don Cheadle. 'R'			(:15) ★★ "Blown Away" (1994) Jeff Bridges. 'R'	